



ARIZONA DEPARTMENT
OF HEALTH SERVICES

Guidance for Travelers Returning from Areas with Substantial Community Spread of COVID-19

ON APRIL 7, GOVERNOR DOUG A. DUCEY SIGNED AN [EXECUTIVE ORDER](#) DIRECTING INDIVIDUALS TO ISOLATE OR SELF-QUARANTINE FOR 14 DAYS IF TRAVELING TO ARIZONA FROM AN AREA WITH SUBSTANTIAL COMMUNITY SPREAD, CURRENTLY THE NEW YORK TRI-STATE AREA (CONNECTICUT, NEW JERSEY, AND NEW YORK), FROM THE TIME OF ENTRY OR DURATION OF THE PERSON'S PRESENCE IN ARIZONA, WHICHEVER IS SHORTER.

Who does this order apply to?

If you traveled to Arizona from an area with substantial community spread, currently the New York Tri-state Area (Connecticut, New Jersey, And New York), this order applies to you.

This order **does not** apply to the following persons, but such persons should follow ADHS and CDC [guidance](#) to minimize the risk of spread of COVID-19, such as wearing cloth face coverings:

- Employees of the airlines
- Military personnel
- Those arriving in direct response to COVID-19 for the purposes of:
 - [Healthcare](#) and Public Health Operations
 - Human Services Operations
 - [Essential](#) Infrastructure Operations
 - Essential Governmental Functions

What are the signs and symptoms of novel coronavirus (COVID-19)?

The most common symptoms of COVID-19 are **fever, cough, and difficulty breathing**. Rarely symptoms such as sore throat, body aches, headache, chills, diarrhea, nausea/vomiting, and runny nose have also been reported. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have COVID-19, but you should contact your healthcare provider for consultation.

Movement Restrictions:

You should **remain at home** and not attend work or school, avoid public gatherings or places where you may come into close contact with other people (e.g., food pickup lines,

grocery stores, pharmacies) for 14 days after returning to Arizona. Travel directly to your place of isolation or self-quarantine and only leave that location for [essential activities](#).

You should practice **physical distancing** from the time of entry or the duration of the person's presence in Arizona, whichever is shorter. Avoid congregate settings, local public transportation (e.g., bus, light rail, taxi, rideshare), and maintain a distance of at least 6 feet from others.

Type of Monitoring and Timeframe:

You are recommended to **self-monitor** for symptoms for **14 days** following your last exposure to an area with COVID-19 [substantial community spread](#).

This guidance is to help you closely monitor your health for 14 days because you may have been exposed to COVID-19. This does **NOT** mean that you will get sick with COVID-19.

How should you monitor your health during this time period?

You should take your temperature and **assess yourself for symptoms daily**. Instructions for monitoring your temperature and symptoms:

- Take your temperature 2 times a day (morning & evening). Use thermometer as directed in the instructions.
- You should also check your temperature anytime you feel like you have a fever or feel feverish.
- Write down your temperature in the symptom log (last page) twice a day, every day.
- If you forget to take your temperature, take it as soon as you remember.
- Mark if you have any of the symptoms of COVID-19 listed on the form.

If you have fever (100.4°F or higher) or any symptom listed on the form, call your healthcare provider.

What should I do if I become ill during this monitoring period?

DO NOT GO to a clinic or hospital without first calling the facility. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest way possible. If you must go to the hospital before calling, notify staff immediately that you are being monitored for COVID-19.

Household Contacts:

Do not isolate or self-quarantine with family members or friends who did not travel.

If possible, avoid sharing a bathroom with other members of the household. Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using FDA-approved household cleaning spray or wipes.

Associated Costs:

You are responsible for all costs associated with your isolation or self-quarantine, including transportation, lodging, food, medical care, and any other expenses.

If an individual violates the order, they may be charged with a Class 1 misdemeanor and subject to a fine not to exceed \$2,500.

For more information about COVID-19, please visit www.azhealth.gov/covid19.

Daily Temperature and Symptom Log

Name: _____ Phone: _____

	Date (MM/DD/YY)	Morning Temperature (°C/°F)*	Evening Temperature (°C/°F)*	Fever-reducing Medication (e.g. Tylenol) Y or N	Cough or shortness of breath Y or N	Other symptoms Y or N	Specify symptoms
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Day 8							
Day 9							
Day 10							
Day 11							
Day 12							
Day 13							
Day 14							

*If yes, contact your [local health department](#) and your healthcare provider.



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